

Survive or Thrive? Healing the Aging Metabolism

Are your batteries running on low? Do you ever wish you could bottle the energy of children? Are you gaining weight without any change in diet or exercise? Are you surviving or are you thriving?

We all know that over time our metabolism changes. As we reach middle age, it becomes more and more difficult to lose weight; we have less energy and have to work harder to keep weight off. We are living on survival levels of energy, not on optimal amounts of metabolic energy to thrive.

Metabolism Overview

We are born with an abundant supply of mitochondria. Mitochondria are called the powerhouse of cells because they convert food into energy. The result of their biochemical process is adenosine triphosphate (ATP), which is an energy-rich molecule used by the cell. ATP is generated through several oxidation reactions. Every cell in your body utilizes, stores and transports energy in chemical form. ATP is the main carrier of the chemical energy in all cells, and transports energy within the cell for optimal metabolism.

Metabolic Breakdown— Survive

Metabolic compromise occurs naturally with age as the wear and tear of life eats away at metabolism. With age, production of ATP is slowed as a variety of stressors take their toll on cellular function. The body produces fewer mitochondria, and as we age they naturally generate higher levels of free radicals. Over time, free radicals cause deterioration of the mitochondria themselves, degrading their efficiency and causing even greater production of free radicals. With this metabolic decline, essential cofactors and nutritional substrates become depleted, and the body's systems become burdened, resulting in degenerative disease, increasing weight gain and fatigue.

Consequences of Metabolic Breakdown

- Decrease in Metabolism
- Angina
- Weight Gain
- Arrhythmia
- Chronic Fatigue
- Alzheimer's
- Fibromyalgia
- Muscle Soreness (muscle exhaustion)

New Treatment for Pain and Injury

What is Biopuncture?

Biopuncture is the superficial injection of dilute homeopathic remedies around or at the site of acute or chronic pain and injuries to address muscle pain and spasm, inflammation, joint pain, and lymphatic drainage. These "micro-dose" injections at carefully chosen spots influence the local immune response and promote the natural healing process.

What is it good for?

We most often use Biopuncture for orthopedic problems, such as neck and back pain, sciatica, ankle pain, shoulder injuries and tendinitis. It can also be used to help manage chronic inflammatory conditions such as arthritis and fibromyalgia, as well as colds, flu and bronchitis.

What are the treatments like?

We first do an initial evaluation of your history and symptoms, followed by an examination and biopuncture treatment if indicated. The treatment itself is usually brief, and you will experience minimal or no discomfort. Typical follow-ups are once or twice a week for 4 - 6 treatments depending on your condition and areas treated.

If you have questions or are wondering if Biopuncture could help you, call and schedule a free phone consult with Dr. Hangee-Bauer.

- Congestive Heart Failure
- Parkinson's
- Ischemic Heart Disease
- Huntington's Disease

The Good News... Metabolic Repair Is Possible

By naturally supporting energy production, cellular health can be renewed and vitality achieved! Nutritional therapies can help restore healthy, youthful metabolism in 3 simple ways:

Our People



Founded clinic in 1989. Integrates naturopathic medicine and acupuncture.

Carl Hangee-Bauer, ND, LAC



Amy Day,
ND

Women's health specialists



Erika
Horowitz, ND



Michele
Hangee-Bauer,
Office Manager



Gayl Hyde, Silvie
Wilson
Receptionists

SAN FRANCISCO
NATURAL MEDICINE

NATUROPATHIC DOCTORS
PARTNERS ON YOUR JOURNEY TO WELLNESS

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1. Increase the number of mitochondria, the energy-producing structures in cells.
2. Provide the nutritional building blocks needed to create energy—ATP.
3. Enhance mitochondrial efficiency in producing optimal energy.

Metabolic Support—Thrive

Healing the underlying pathophysiology associated with the aging metabolism is critical to healthy weight control and chronic disease management. Here at San Francisco Natural Medicine we use a simple 3-step Metabolic Repair Protocol along with diet, exercise and life-style suggestions to boost metabolism and energy levels.

This protocol uses high quality products that are powerful anti-aging antioxidants, cellular energy cofactors and building blocks—all of which are needed to counter the effects of free radicals, protect your cells from oxidative damage, speed up cellular repair and increase mitochondria.

The metabolic repair protocol supports a healthy metabolism and efficient burning of calories, which can result in weight loss, which in turn can enhance energy and stamina. Nutritional support is crucial to enhancing cellular energy potential and achieving true healing—providing your body with the essentials to thrive!

Call our office at 415-643-6600 to make an appointment with one of our doctors to optimize your metabolism.

Erika Horowitz, ND

Calendar of Events

Detox with the DoctorSM

Prepare for the change in the seasons and join Dr. Amy Day for a 10-day group cleansing experience. The doctor does the cleanse with you, and the group offers a supportive environment. Bring a friend or roommate—it's more fun to do it together.

Saturday, October 3, 2:30 p.m.

Price \$199 includes class, handouts, nutritional supplements, and online chat. \$10 discount each if you sign up with a friend. Call 415-643-6600 for more information or to register.

Women's Wellness Workshops

A monthly workshop series for existing and prospective patients. Come learn how naturopathic medicine can help you to live well!

**First Saturday of every month
2:30 - 3:30 p.m.**

Each workshop includes:

- ★ Practical information about a health topic
- ★ Food as medicine: diet and nutrition advice
- ★ Herbs for health: tincture or tea tastings
- ★ Healthy planet, healthy you: tips for green living
- ★ Group support and sharing
- ★ Q&A with Dr. Day

Topics to vary monthly (suggestions welcomed). See website for updates.

Nov. 7 and Dec. 5 will be offered at an introductory rate. Email or call to reserve your space.

These sessions are for support and informational purposes only and are not intended to replace the personalized advice of your doctor.